

# January 2018

Menu for FCS (1st—5th) - First Menu Listed  
 Menu for FCS (6th—10th) - Both Menus Offered  
 Menu for SCS Intermediate School (4th—6th) Grades

Choose 1 Entree

Choose (1/2 cup+) fruit/veggie

Choose 1 Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		3 <i>Poptart</i> <i>Chilled Fresh Fruit</i>  <i>Hamburger on Bun</i> <i>Or</i> <i>Combo Meat Sub</i>  <i>Chilled Fresh Fruit</i> <i>Sliced Tomato/Leaf Lettuce/ Pickles</i> <i>Sun Chips</i> <i>Broccoli/Ranch Dressing</i> <i>Salad Meal w/Tuna Salad</i>	4 <i>Pancake Pup</i> <i>Chilled Fresh Fruit</i>  <i>Oven Fried Chicken</i> <i>Or</i> <i>Beef &amp; Cheese Nachos</i>  <i>Chilled Fresh Fruit</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>Or</i> <i>Salad Meal w/ Chicken Strips</i>	5 <i>Nutri Grain Bar</i> <i>Fresh Fruit Choice</i>  <i>PBJ Sandwich w/ Cheese Stick</i> <i>Or</i> <i>Corn Dog</i>  <i>Chilled Fresh Fruit</i> <i>Celery/Carrots</i> <i>w/Ranch Dressing</i> <i>Sun Chips</i> <i>or</i> <i>Salad Meal w/ Chicken Strips</i>
8 <i>Poptart</i> <i>Chilled Fresh Fruit</i> <i>Hamburger on Bun</i> <i>Or</i> <i>Combo Meat Sub</i>  <i>Chilled Fresh Fruit</i> <i>Sliced Tomato/Leaf Lettuce/ Pickles</i> <i>Sun Chips</i> <i>Broccoli/Ranch Dressing</i> <i>Or</i> <i>Salad Meal w/ Turkey</i>	9 <i>Powdered Doughnuts</i> <i>Fresh Fruit Choice</i>  <i>Soft Beef Taco w/Cheese</i> <i>or</i> <i>BBQ on Bun</i>  <i>Fresh Fruit Choice</i> <i>Shredded Lettuce and</i> <i>Diced Tomatoes</i> <i>Corn on the Cob</i> <i>or</i> <i>Salad Meal w/ Chicken Salad</i>	10 <i>Banana Loaf</i> <i>Fresh Fruit Choice</i>  <i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Sausage/Cheese Pizza</i>  <i>Fresh Chilled Fruit</i> <i>Side Salad w/Dressing</i> <i>Sweet Potato Fries</i> <i>Tortilla chips w/Salsa</i> <i>or</i> <i>Salad Meal w/Tuna Salad</i>	11 <i>Poptart</i> <i>Fresh Fruit Choice</i>  <i>Spaghetti w/ Meat Sauce</i> <i>or</i> <i>Oven Baked Chicken</i>  <i>Fresh Fruit Choice</i> <i>Side Salad w/Dressing</i> <i>Corn on the Cob</i> <i>Yeast Roll</i> <i>Or</i> <i>Salad Meal w/ Chicken Salad</i>	12 <i>Blueberry Muffins</i> <i>Chilled Fresh Fruit</i> <i>Corndog</i> <i>Or</i> <i>PB&amp;J Sandwich &amp; Cheese</i> <i>Stick</i>  <i>Chilled Fresh Fruit</i> <i>Crispy Oven Fries</i> <i>Cole Slaw</i> <i>Baked Beans</i> <i>or</i> <i>Salad Meal w/ Ham</i>
15  <b>HOLIDAY</b> <b>DR. MARTIN LUTHER KING,</b> <b>Jr.</b>	16 <i>Blueberry Muffins</i> <i>Chilled Fresh Fruit</i>  <i>Vegetable Beef Soup</i> <i>Chilled Cheese Sandwich</i> <i>Or</i> <i>Chicken Tacos</i> <i>Shredded, lettuce, tomatoes</i> <i>and cheese</i> <i>Chilled Fruit Choice</i> <i>Corn on the Cob</i> <i>Broccoli/carrots w/Dressing</i> <i>Or</i> <i>Salad Meal w/ Ham</i>	17 <i>Powdered Doughnuts</i> <i>Chilled Fresh Fruit</i>  <i>Seasoned Beef Steak w/ gra-</i> <i>vy/roll</i> <i>Or</i> <i>BBQ Sandwich</i>  <i>Chilled Fresh Fruit</i> <i>Seasoned Baked Beans</i> <i>Steamed Broccoli w/cheese</i> <i>or</i> <i>Salad Meal w/ Chicken Strips</i>	18 <i>Pancake Pup</i> <i>Chilled Fresh Fruit</i>  <i>Oven Fried Chicken</i> <i>Or</i> <i>Fish Nuggets w/ hush puppy</i>  <i>Fresh Fruit Choice</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>or</i> <i>Salad Meal w/tuna salad</i>	19 <i>Fruit Muffin w/Sausage</i> <i>Chilled Fresh Fruit</i>  <i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Chicken Nuggets w/ Roll</i>  <i>Chilled Fresh Fruit</i> <i>Side Salad w/ Dressing</i> <i>Sun Chips</i> <i>Carrot Sticks/ w Dip</i> <i>or</i> <i>Salad Meal w/ Ham &amp; Cheese</i>
22 <i>Blueberry Muffins</i> <i>Chilled Fresh Fruit</i> <i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Or</i> <i>Chicken Tacos</i> <i>Shredded, lettuce, tomatoes and</i> <i>cheese</i> <i>Chilled Fruit Choice</i> <i>Corn on the Cob</i> <i>Broccoli/carrots w/Dressing</i> <i>Or</i> <i>Salad Meal w/ Ham</i>	23 <i>Sausage Biscuit</i> <i>Chilled Fresh Fruit</i> <i>Corndog</i> <i>Or</i> <i>PB&amp;J Sandwich &amp; Cheese</i> <i>Stick</i>  <i>Chilled Fresh Fruit</i> <i>Crispy Oven Fries</i> <i>Cole Slaw</i> <i>Baked Beans</i> <i>or</i> <i>Salad Meal w/ Ham</i>	24 <i>Apple Oatmeal Bars</i> <i>Chilled Fresh Fruit</i>  <i>Seasoned Beef Steak w/ gra-</i> <i>vy/roll</i> <i>Or</i> <i>BBQ Sandwich</i>  <i>Chilled Fresh Fruit</i> <i>Mashed Potatoes</i> <i>Steamed Broccoli w/cheese</i> <i>or</i> <i>Salad Meal w/ Chicken Strips</i>	25 <i>Pancake Pup</i> <i>Chilled Fresh Fruit</i>  <i>Oven Fried Chicken</i> <i>Or</i> <i>Fish Nuggets w/ hush puppy</i>  <i>Chilled Fresh Fruit</i> <i>Collard Greens</i> <i>Baked Sweet Potato</i> <i>Cornbread</i> <i>or</i> <i>Salad Meal w/tuna salad</i>	26 <i>Fruit Muffin w/Sausage</i> <i>Chilled Fresh Fruit</i>  <i>Ham and Cheese Sandwich</i> <i>Or</i> <i>Cheeseburger with Bun</i>  <i>Chilled Fresh Fruit</i> <i>Side Salad w/ Dressing</i> <i>Sun Chips</i> <i>Carrot Sticks/ w Dip</i> <i>or</i> <i>Salad Meal w/ Ham &amp; Cheese</i>
29 <i>Nutri Grain Bar</i> <i>Chilled Fresh Fruit</i>  <i>Mozzarella Cheese Sticks</i> <i>Marinara Sauce Dip</i> <i>Or</i> <i>Cheese Burger on Bun</i>  <i>Chilled Fruit Choice</i> <i>Apple Slices w/PB&amp;J Dip</i> <i>Garden Salad w/Tomatoes</i> <i>w/Ranch Dressing</i> <i>Seasoned Green Beans</i> <i>Or</i> <i>Salad Meal w/ Chicken Strips</i>	30 <i>Apple Strudel</i> <i>Chilled Fresh Fruit</i>  <i>Vegetable Beef Soup</i> <i>Grilled Cheese Sandwich</i> <i>Or</i> <i>Chicken Tacos</i> <i>Shredded, lettuce, tomatoes and</i> <i>cheese</i>  <i>Chilled Fruit Choice</i> <i>Corn on the Cob</i> <i>Broccoli/carrots w/Dressing</i> <i>Or</i> <i>Salad Meal w/ Ham &amp; Cheese</i>	31 <i>Breakfast Pizza</i> <i>Chilled Fresh Fruit</i>  <i>Chicken Patty Sandwich</i> <i>Or</i> <i>Philly Cheese Steak w/ Bun</i>  <i>Chilled Fresh Fruit</i> <i>Leaf Lettuce/Tomato Slice</i> <i>Sweet Potato Fries</i> <i>Fresh Broccoli w/Dip</i> <i>Or</i> <i>Salad Meal w/ Chicken</i>	 <p>Choice Of Chilled Milk Served with all meals.</p>	